

ABSTRACT OF THE DISCLOSURE

A β -glucan-containing fat and oil composition contains β -glucan of microorganism origin or basidiomycete origin. The β -glucan - containing fat and oil composition has β -glucan uniformly dispersed in a food without worsening the texture, taste etc. of the food. The novel microorganism can efficiently produce β -glucan which has a high activity and favorable qualities as β -glucan of microorganism origin as described above from less expensive saccharides such as sucrose at a high production speed.